



# COUNTYWIDE FITNESS CHALLENGE 2014



# WALK IT OFF!

## Whittier Narrows Recreation Area

751 South Santa Anita Avenue  
South El Monte, CA 91733  
1st Supervisorial District

APPEARANCE BY SNOOPY  
EXERCISE SESSIONS  
HEALTH SCREENINGS  
DRAGON BOATS  
FACE PAINTING  
HEALTHY SNACKS  
FREE GIVEAWAYS  
DRAWING PRIZES  
5K FITNESS WALKS  
8:30 a.m., 10 a.m.

**Saturday, May 17, 2014**  
**8:00 a.m. – Noon**

Join us for a day of family fun featuring  
5K fitness walks and wellness screenings.

American Cancer Society Booth  
American Diabetes Association Booth  
American Heart Association Booth  
Human Resources  
Hula Hoop & Jump Rope Contests  
Massage Therapy  
Medical & Dental Plan Booths  
Parks and Recreation  
"Play for Life!" Booth  
"Wacky Wheel of Wellness" booth

**EXERCISE SESSIONS:**  
Bootcamp Pilates  
Cardio Dance  
Kick Boxing

**HEALTH SCREENINGS FOR:**  
Blood Pressure  
Body Mass Index  
Carotid Artery  
Cholesterol  
Glucose  
Lung Function

RSVP to secure your giveaway at <http://dhr.lacounty.info>

